

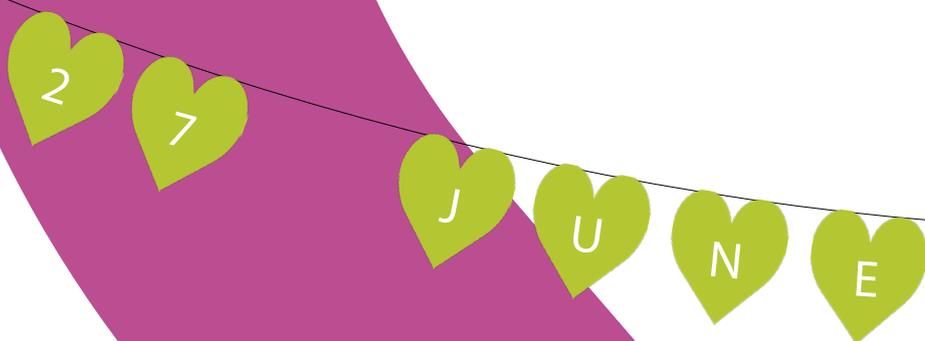
RSE DAY

Celebrating relationships & sex education



Ideas for settings

Secondary age children





Ideas to make the most of RSE day

This list of ideas is designed to inspire you to join in with RSE Day on 27 June 2019.

There are quick options and ones that will take a bit more planning and preparation. Choose one or two that are most relevant for your setting, or think of your own.

RSE Day is a day to celebrate excellent RSE, that promotes the wellbeing of, and safeguards, children and young people. Good quality RSE needs to happen all year round, with a planned curriculum, but 27 June is an opportunity to start new conversations and share what you are doing with others.

Because RSE is the responsibility of parents and schools, we have included ideas that involve the whole community.

Remember to let us know what you are doing via social media using the hashtag #RSEday.

To comply with current legislation please inform parents/carers of your plans for RSE Day in advance and give them the option to withdraw their child.

- 1 Run a survey with pupils asking them to rate their RSE as 'very good, good, OK, bad, or very bad'. Share the findings on RSE Day. Compare with the national data: [View data on the Sex Education Forum website.](#)
- 2 Involve the drama department in supporting pupils to create RSE theatre-in-education pieces to perform in local primary schools.
- 3 Create a display area with information about teen relationship abuse with signposting to support for students. This could include an 'installation' resulting from an art project.
- 4 Pupils vote on a topical RSE issue to research and then discuss in tutor time.
- 5 Invite a group of students to present a RSE themed assembly.
- 6 Train or update peer supporters, anti-bullying buddies or Health and Wellbeing Ambassadors in ways of supporting fellow pupils with online friendship and relationship problems.
- 7 Plan a school flash-mob to raise awareness of healthy relationships.
- 8 Ask pupils to research local and national support for young people around relationships and sexual health and create a leaflet or poster to display in the school.
- 9 Put up a poster in the staffroom and relevant noticeboards that raises awareness of domestic abuse and signposts to support: [Order from Women's Aid website.](#)
- 10 Share what you are doing on RSE day by adding your planned activity to your website in advance.
- 11 Raise awareness of Barnardos 'Wud u?' app that helps young people to learn more about Child Sexual Exploitation and signposts to support. You can download a poster here: [Download from Barnardos website.](#)
- 12 Get a group of students together to review your RSE curriculum.

- 13 Hold a school performance or concert with the theme of 'love'.
- 14 A group of students write a blog about RSE in your school.
- 15 Run a competition involving pupils creating tweets about healthy relationships and sexual health. Invite a guest judge to decide which ones the school will tweet on RSE Day.
- 16 Order posters to display in school to challenge homophobia and foster LGBTQ+ inclusion: [Order from Stonewall website.](#)
- 17 Make a display in your library of books that explore gender, sexual orientation and stereotypes: [View Stonewall book list.](#)
- 18 Check out the RSE resources from DO...RSE and teach some of the lessons on RSE Day: [View resources on the DO...RSE website.](#)
- 19 Involve young people in creating relationship or sexual health themed vlogs to teach younger children in school.
- 20 Explore these innovative Sex and History resources for teaching RSE through historical objects and deliver some lessons on RSE Day: [Download from University of Exeter website.](#)
- 21 Challenge all subject teachers in the school to make a cross-curricula link to RSE in their teaching. Pick the best and share it with other schools using #RSEday
- 22 Carry out some fundraising for a local charity that supports healthy relationships.
- 23 Run a quiz on sexual health or covering legal facts about consent and sex.
- 24 Send a text or email to parents/carers sharing your plans for RSE Day and encouraging them to talk to their child about what they have been learning.
- 25 Register online for free sanitary wear to support children who start their period at school: [Register on InKindDirect website.](#)
- 26 Become a Stonewall School Champion to celebrate your approach to inclusion of those who identify as Lesbian, Gay, Bisexual or Transgender: [Sign up on Stonewall website.](#)
- 27 Ask staff to complete some free e-learning around RSE in the run up to 27 June: [Visit Brook website.](#)
- 28 Record 3-5 minute conversations about a friendship or relationship between different ages/cultures, etc. (Like Radio 4s Listening Project). Use these as a stimulus in lessons or put on your website to show that the school values different relationships.
- 29 Compile a school play-list for RSE Day featuring songs about love, relationships and friendships (age-appropriate) and play during the day on the 27 June. You could use the lyrics to stimulate discussion, writing, art-work, poetry, drama and dance pieces.
- 30 Hold a non-uniform day with a theme linked to RSE Day, donate the proceeds to a local charity supporting children/young people and healthy relationships.
- 31 Create some permanent art-work in school focused on healthy relationships.
- 32 Ask students to draft a sentence on positive, safe, healthy relationships for your school mission statement and/or aims.
- 33 Use videos to stimulate discussion around love and relationships. Some examples here: www.youtube.com/watch?v=PnDgZuGhHs www.youtube.com/watch?v=b-xScLliew0
- 34 Invite a speaker in to talk about an aspect of RSE. Give pupils a chance to practice their social skills as they meet and greet the visitor, plan suitable questions for them and thank them for their contribution.
- 35 Set up an LGBT young people's group. [View guide from The Proud Trust.](#)
- 36 Nominate the best teacher of RSE that you know for this national award. [Visit Sex Education Forum website.](#)
- 37 Share this Roadmap to statutory RSE with your governors or trustees and discuss where action is needed to get ready for the new requirements from September 2020. [Download from Sex Education Forum](#)
- 38 Use the Sex Education Forum's principles of good RSE to audit your existing provision [Visit Sex Education Forum website](#)





27 June

RSE Day is a day to celebrate relationships and sex education and think about the role we all have in promoting positive relationships and sexual health.



sexeducationforum.org/RSEday



[@RSE_day](https://twitter.com/RSE_day)



Nottingham
City Council